

STIR-FRY PORK

Meat Alternate - Vegetable/Fruit

100 servings

Ingredients

	Weight	Measure
Pork, Fresh Ham Roast, Boneless , thawed** cut into ***julienned strips	18 lb 12 oz
Chicken Stock	¾ gal
*Orange Juice Concentrate, Frozen , thawed	½ gal
Soy Sauce, lite	3 cups
Cornstarch	4½ oz	1 cup
Brown Sugar, packed	7¾ oz	1½ cups
Garlic Powder	¼ cup
*Oil	¼ cup
Green Pepper, ½" diced	3 lb
Onions, chopped ¼"	3 lb

Directions

1. For sauce: in a bowl stir together chicken broth, orange juice concentrate, soy sauce, cornstarch, brown sugar, and garlic powder; set aside.
2. Pour oil into a large skillet or tilt skillet. Preheat over medium-high heat. Stir-fry peppers and onions until crisp/tender; remove from skillet.
3. Add pork to the hot skillet. Stir fry for 2 to 3 minutes, until pork is no longer pink.
4. Stir sauce mixture and pour into middle of pork in skillet. Cook and stir until thickened and bubbly.
5. Return vegetables to skillet. Cook and stir for 1 to 2 minutes to an internal temperature of 165°F.
6. Hold pork on the serving line at a temperature at least 140°F.

*Commodities are in **Bold**.

**All thawing time should be in the refrigerator.

***Julienned: Slice pork into 1/8" slices, then cut slices into 1/8" strips.

Serving: 6½ oz
provides 1 ½ oz of meat and
3/8 cup of fruit/vegetable

Yield: 100 servings yields 41 lb 8 oz

Special Tips:

- 1) Serve over rice.
- 2) Pre-cooked pork can be used.
- 3) Sauce can be used as a marinade: pour over pork and store, overnight, in the refrigerator.
- 4) Leftover pork should be cooled in shallow pans.
- 5) Reheat leftover pork to an internal temperature of 165°F.

NUTRIENTS PER SERVING

Calories	253	Saturated Fat	3.3g	Iron	1.3mg
Protein	25g	Cholesterol	56mg	Calcium	35mg
Carbohydrate	12g	Vitamin A	10RE	Sodium	317mg
Total Fat	10.5g	Vitamin C	36mg	Dietary Fiber	0 g

*Recipe provided by Florida Department of Citrus
This recipe has not been standardized by the USDA.*

